

F★O★C★U★S *honors*

National Substance Abuse Prevention Month

"Teens and Parents Combating Peer Pressure" Skill Building Group

This group will be divided between Teens and Parents

- ★ Teens will practice assertive communication during intimidating social interactions, specifically when peer pressured to use or experiment with illegal or harmful substances.
- ★ Parents will receive education on the development of the teen brain and its impact on risky behavior.
- ★ Families will come together at the end to share and practice what they have learned.



Military transitions affect both the service member and the family as routines and roles are disrupted. Teens may experience challenges before, during and after a military transition.

The FOCUS Program

FOCUS (Families OverComing Under Stress) is a resiliency-building program of the Navy Bureau of Medicine and Surgery (BUMED). The FOCUS program is designed for military families and children facing the multiple challenges of combat operational stress during wartime. FOCUS promotes family strengths and supports parents and children to help manage the challenges of military life.

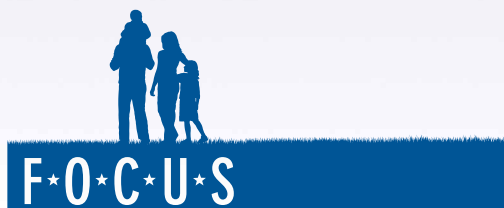
Wednesday, October 24, 2012

6:00 pm - 7:15 pm

**Murphy Canyon Youth Center
4867 Santo Road
San Diego, CA 92124**

**Open to all Military Teens (ages 11+) and their Parents
This event will be catered
Raffle prize
Please RSVP by October 22, 2012**

**To sign up or for more information:
Phone: 619.556.6075
Email: sandiego@focusproject.org**



www.focusproject.org

FOCUS Naval Base San Diego